

Describe Your Perfect Day

If time, family obligations, career, money, bad habits, or health problems were not an issue, what would your Perfect Day look like? Start from the time you wake up in the morning (and what you are thinking of at that time), and describe, in detail, how you will spend each hour. Do not limit yourself. This day should reflect how you meet your needs, and how you live your values – what gives you joy, uplifts you, puts a smile on your face, and makes you feel that you have lived optimally. This does not mean that you have to fill every waking hour with something and be so busy you cannot enjoy your day – you *can* and *should* incorporate time for relaxation and recharging (possibly, doing nothing!). This exercise will start you thinking about what your needs and values are; this is something we will explore in more detail later, but for now, enjoy this process and have fun with it. (you will probably use more paper than this!).

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